



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WHAT YOU CAN DO AT THE Y

SCANTIC VALLEY YMCA - A PLACE FOR EVERYONE



If I am a **BABY** I can...

- Play in Child Watch
- Take parent-child swim lessons
- Have my birthday party here
- Play in the pool with my favorite adult
- Learn and discover at the Early Learning Center

If I am **2-5 YEARS OLD** I can...

- Do everything a baby can, plus...
- Join a preschool sports and enrichment class
- Develop swimming skills in group or private lessons
- Play in the gymnasium with an adult
- Participate in Family Events such as Santa Breakfast, Kids Fun Night and Healthy Kids Day

If I am **6-11 YEARS OLD** I can...

- Do everything a 2-5 years old can, plus...
- Play with friends in Club House while my parents exercise
- Have my birthday party here
- Play with friends at the Y before/after school program
- Practice archery, swim, play sports and do arts and crafts at a Y Summer Camp

If I am a **TEEN** I can...

- Come to the Y on my own
- Workout in the up-to-date Wellness Center
- Volunteer at the Y
- Take a cycling or Zumba® class
- Work with a personal trainer
- Become a certified lifeguard (16+)
- Earn First Aid & CPR certificates (16+)
- Shoot hoops
- Join a teen Small Group Training class
- Experience outdoor adventure with teen camp
- Become part of a charitable cause driven organization that gives back to its community

If I am an **ADULT OR SENIOR** I can...

- Enjoy group exercise classes including Pound®, Yoga & cycling
- Develop a workout plan with Wellness staff
- Become certified in First Aid and CPR
- Work with a personal trainer
- Become part of a charitable cause driven organization that gives back to its community
- Enjoy low-impact workouts in our pools, community room and gymnasium
- Play Pickleball
- Register for rehab programs...
 - First Step Back
 - LIVESTRONG® at the YMCA
 - Warm water therapy
- Participate in outreach classes
- Explore YMCAs across the country with Nationwide Membership

If I am a part of **A FAMILY** we can...

- Become part of a charitable cause driven organization TOGETHER
- Access to Child Watch and Club House at no additional fee
- Receive priority registration and discounts on programs
- Play in the gymnasium together
- Enjoy the pools during free swim
- Attend family-friendly activities and events
- Increase agility using the climbing wall
- Register our children for Kids Night Out and enjoy some adult time
- Volunteer as a family
- Explore YMCAs across the country with Nationwide Membership

DOWNLOAD THE YMCA OF GREATER SPRINGFIELD MOBILE APP TODAY AT THESE APP STORES:

